

Bullying: Lesson One

Lesson Title: What is Bullying?

Objective: To introduce bullying and to explore its prevalence

Grade: 6/8 Time: 25-30 minutes

Materials: Board and Markers, "Why Children Bully?" sheet, Bully Survey

1. Tell the class that you are starting a unit to prevent bullying. Explain that the goal of this unit is to stop bullying in the classroom, hallway and school bus. You will learn in this lesson the steps that can prevent bullying.
2. Ask the class to define a bully. You can use one of their definitions or this one: Someone who hurts or intimidates other people.
3. Pass out the "**Why Students Bully**" sheet to the class. Go through sheet with class.
4. Under the "Ways Students Bully" question, give examples for each category.
 - Physical: spitting, tripping, pushing, shoving, destroying another's things, hitting
 - Social: gossiping, spreading rumors, ethnic or racial slurs, excluding, humiliating
 - Verbal: name-calling, teasing, mocking, verbal threats of aggression
 - Intimidation: graffiti, making a public challenge, coercion
5. Divide the students into groups of three to six people. Ask the groups to rate 1-5 which one of the ways outlined in "Why Students Bully?" happens the most at school.
6. Ask the groups to rate 1-5 which one of the ways outlined in "Who is a Bully?" is the truest. Ask the groups to rate 1-4 which one of the ways outlined in "Ways Students Bully" happens the most at school. Ask the groups to rate 1-4 which one of the ways outlined in "Who do Bullies most often pick on?" is the truest. Ask reporters to share the group's results.
7. Pass out the Bully Survey. Make sure the students don't put their names on the top of the sheet. Question one and two are optional. Explain that answers won't be shared.
8. Review what a bully is and tell the class they will learn effective ways to deal with bullying in this unit. Ask students to pass in their **Bully Survey**.

Why do students bully?

- To gain power
- To get attention or become popular
- To get material things
- To act out problems at home
- To copy another person they admire

Who is a bully?

- A person who doesn't care if bad things happen to other people.
- A person who doesn't feel bad when they hurt others.
- A person who likes to be in charge and always gets their way.
- A person who believes he/she deserves to get bullied.
- A person who is bullied at home by their parents, brothers or sisters.

Ways students bully

- Physical aggression
- Social alienation
- Verbal aggression
- Intimidation

Who do bullies most often pick on?

- Students who are smaller.
- Students who don't have that many friends.
- Students who don't stick up for themselves or get help from an adult.
- Students will pick on most anybody if they think they can get away with it.

What can happen to people who get bullied?

- Feel scared, alone and sad
- Don't like school
- Don't feel good about themselves

- Get headaches and stomach aches

Bully Survey

1. How do you most often feel at school? ____
1) Very Sad 2) Sad 3) OK 4) Happy 5) Very Happy
2. The adults at my school are: ____
1) Not Helpful 2) Sometimes Helpful 3) Always Helpful
3. How do you feel in these places?
1) Unsafe 2) OK 3) Safe
 - In the classroom ____
 - On the playground ____
 - In the lunchroom ____
 - Going to and from school ____
4. How often do other students hit, kick or push you? _____
5. How often do other students say mean things to you? _____
6. If you have been bullied this year, whom have you told? _____
7. If you have been bullied this year, who has helped? _____
8. How often do you hit, kick or push? _____
9. How often do you say mean things? _____
10. How many people do you think are lonely at school? _____
11. Do you feel lonely at school? _____
12. List three students you like to do things with: _____
13. List three students you don't like to be with: _____
14. List three students who most needs friends: _____

Bullying: Lesson Two

Lesson Title: How to Stop Bullying

Objective: To learn the steps to prevent bullying

Grade: 6/8 **Time:** 25-30 minutes

Materials: Board and Markers, Stop Bullying sheet

1. Review the definition of a bully, e.g. someone who hurts or intimidates other people.
2. Review the categories of bullying. Physical, Social, and Verbal. Ask the students to give examples for each category.
3. Ask the class if they saw any bullying happen in the last week, without using names. If they haven't, ask someone to tell anytime that they saw bullying.
4. Share what you learned from the Bully Survey that you think is appropriate. Ask the students if what you learned from the survey was close to the amount of bullying that they think occurs with their classmates.
5. Go through the Stop Bullying sheet with the class. 1) Don't Bully. If you are bullying people, you need to ask yourself why you are doing it. It isn't funny and shouldn't be fun. 2) Help Others. It is the right thing to do and it will stop if many people stand up to the bully. Standing up to a bully can start with you. 3) Speak out. Bullies usually don't want to talk out conflicts, but you should still let them know how you feel. 4) Ignore It. Bullies want a reaction from you. If you don't give it to them, they will often find someone else who will react. Try to avoid bullies. 5) Get Adult Help. Very important. Stress this technique. The adults at school are committed to stop bullying. You are being strong when you get adult help because you are brave enough to take a stand against the bully. 6) Include Everyone. Try to include everyone in your class. If you see someone who is often by him- or herself, ask them to do something with you once in awhile. You don't need to be their best friend, but try to include them when possible.
6. Explain that some steps are best in some situations, while others might be more appropriate in other situations.
7. Ask the class to write about a time when they experienced a bully, and which step they could have used to stop the bullying.
8. Ask for volunteers to tell their story about bullying. Discuss which Stop Bullying techniques would work in this situation.
9. Review the definition of a bully and the steps to stop bullying.

STOP BULLIES

- 1. Don't Bully Others**
- 2. Help Others**
- 3. Speak Out**
- 4. Ignore It**
- 5. Get Adult Help**
- 6. Include Everyone**

Bullying: Lesson Three

Lesson Title: How to Help

Objective: To learn the steps to help others when they are bullied

Grade: 6/8 **Time:** 25-30 minutes

Materials: Board and Markers, Stop Bullying sheet

1. Review the definition of a bully and the steps to stop bullying.
2. Ask the class if bullying had decreased in the last week and if more people are being included. Discuss why things are going better, the same or worse.
3. Ask students to tell you the six steps to stop bullying from the Stop Bullying sheet.
4. Tell the class that we are going to talk about how to help others when they are being bullied. Introduce the How to Help sheet. Go through the each item on the sheet and give an example for each.
5. Read this scenario to the class: A boy sits down next to a smaller boy on the school bus. The bigger boy rubs his knuckle into the younger boy's head until he starts crying.
6. Ask the students write down which one of the most five ways to help they could use. Why that would work best and why?
7. Read this scenario to the class: Some girls spread a rumor about a girl in the class. Most of the class is laughing at the girl, and she is left alone most of the time.
8. Ask the students write down which one of the most five ways to help they could use. Which technique would work best, and why?
9. Ask the students to split up into groups of three to six people.
10. Have each student read their answers to both situations to the group.
11. Ask the groups to decide the most effective way that they could help in both situations and why.
12. Have the reporters share their solutions to both situations with the class.
13. Review the How to Help strategies and encourage the students to use them.

How To Help

- 1. Group Together**
- 2. Tell Them to Stop**
- 3. Tell an Adult**
- 4. Don't Join In**
- 5. Include Everyone**

Bullying: Lesson Four

Lesson Title: Unit Review

Objective: To reinforce the concepts taught in the Bullying Unit

Grade: 6/8 Time: 25-30 minutes

Materials: Board and Markers, Stop Bullying sheet

1. Explain to the students that this is the last bully unit lesson. Handout the Bully Review Sheet and go through it with the students. Pick up the papers when finished.
2. Split the class up into two groups.
3. Play Jeopardy. Write the following on the board with the answer squares empty. (The questions you ask are on the Bully Review Sheet)
4. Play Final Jeopardy. The teams can bet none, some or all their points.

Bully Review Sheet

Who is a bully?

1. A person who doesn't care if bad things happen to other people.
2. A person who doesn't feel bad when they hurt others.
3. A person who likes to be in charge and always gets their way.
4. A person who believes deserves to get bullied.
5. A person who is bullied at home by their parents, brothers or sisters.

How can you stop bullies?

1. Don't Bully Others
2. Help Others
3. Speak Out
4. Ignore It
5. Get Adult Help
6. Include Everyone

How to help others being bullied

1. Group Together
2. Tell Them to Stop
3. Tell an Adult
4. Don't Join In
5. Include Everyone

Miscellaneous

1. What is a definition of a bully? Someone who hurts or intimidates other people.
2. Name a reason students bully. Gain power, get attention, become popular, get material things, act out problems at home, copy another person they admire
3. Name one of the ways students bully. Physical aggression, Social alienation, Verbal aggression, Intimidation.
4. What can happen to people who get bullied? They can feel scared, alone or scared. They don't like school. They don't feel good about themselves. They can have headaches or stomachaches.